

## Aunt Louise's Chicken w/ Orange Carrots & Bran Cereal Muffins

The following recipes are balanced, nutritious and wholesome. The dishes also provide a variety of flavors, colors and textures with a minimum of fat and no extra salt.

### Aunt Louise's Chicken

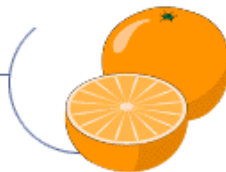


- 1 whole chicken breast
- 1 can stewed tomatoes
- 1 green pepper, cut into chunks
- 1 medium onion, cut into chunks
- 1 clove garlic, minced
- 1/4 tsp. curry powder
- 1 bay leaf
- 1 cup chicken stock

Simmer chicken breast in 2 cups of water with bay leaf for 20 minutes. Remove and cool in refrigerator. Skim the fat from top of the stock when it is solidified.

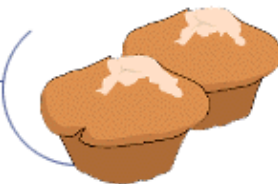
Bone the chicken and combine with the chicken stock, stewed tomatoes, green pepper, onions, garlic, and curry powder. Simmer for 20 minutes. Thicken slightly with cornstarch and water. Serve with rice, three-quarters of a cup per person. (Suggestion: Prepare the rice using leftover chicken stock.) Serves 2.

### Orange Carrots



Cook fresh carrot slices until slightly crisp. Instead of butter and/or salt, spoon desired amount of concentrated frozen orange juice over the hot carrots.

### Bran Cereal Muffins



- 1 cup whole bran cereal
- 1 cup milk
- 1 egg
- 1/4 cup corn oil
- 1/4 cup honey
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/2 tsp. salt
- 1 1/4 cups whole-wheat flour, unsifted

Preheat oven to 400 degrees Fahrenheit. Mix bran cereal and milk in a bowl, and let stand 1 or 2 minutes. Add egg, oil and honey. Beat well. Combine remaining ingredients and stir until well mixed. Add to liquid mixture and stir only until mixed. Spoon into 12 greased muffin tins. Bake about 20 to 25 minutes. Makes 12 medium-sized muffins.

**Conclude dinner with fresh seasonal fruit.**

Adapted from: "Nutrition and the Elderly",  
U.S. Food and Drug Administration.